



# The Journal

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## Serving Those Who Serve

### *Walter Reed Bethesda Celebrates Navy Hospital Corpsmen*



Photo by Mass Communication Specialist 2nd Class Chris Krucke

**The U.S. Navy Silent Drill Team provides a flawless performance for attendees at the Walter Reed National Military Medical Center 116th Hospital Corpsman Birthday Ball held June 20 in Bethesda, Md.**

**By Mass Communication Specialist 2nd Class Chris Krucke  
WRNMMC Public Affairs staff writer**

‘Heroes on Every Platform’ was the central theme at the Walter Reed National Military Medical Center (WRNMMC) 116th Hospital Corpsman Birthday Ball held June 20 in Bethesda.

“I shall do all within my

power to show in myself an example of all that is honorable and good throughout my Naval career,” states the Hospital Corpsman Oath, which corpsmen recited at the affair.

The U.S. Navy Silent Drill Team provided a flawless performance for attendees at the ball, and Master Chief Petty Officer of the Navy (MCPON) Mike Stevens was the event’s keynote speaker.

Hospital Corpsman (HM)

1st Class Delyn Scott, a member of the ball’s planning committee explained why she took the job. “A lot of times our junior Sailors are not aware of our history, the sacrifices we had, who we lost and the importance of remembering them while acknowledging the successes of how far we have come by carrying on the traditions. Part of our tradition is celebrating our birthday, the birth of the Corps,

and that is what this event is about — celebrating our tradition and celebrating where we came from.”

Tradition also includes a cutting of the Hospital Corpsman birthday cake by the oldest and youngest corpsman. Following this tradition, Stevens and Command Master Chief Clinton Garrett of the Navy Medicine Professional Development Center, who has

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# Commander's Column

Friday we celebrate Independence Day, commonly known as the Fourth of July, and it commemorates the adoption of the Declaration of Independence on July 4, 1776. That declaration was a bold statement, by the new colonies, of their resolve for independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Because of that bold move, Independence Day is the National Day of the United States. But, what is the real meaning of Independence Day and the 4th of July?

During the American Revolution, on July 2, 1776, the Second Continental Congress voted to approve a resolution of independence proposed in June, by Richard Henry Lee of Virginia, separating the Thirteen Colonies from Great Britain. Following the vote, the Congress worked on the Declaration of Independence, to explain this decision. A Committee of Five, with Thomas Jefferson as its principal author along with John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York penned the formal statement. The Continental Congress debated and revised the wording of the Declaration, finally approving it on July 4.

A day earlier, John Adams had written to his wife Abigail, "The second day of July, 1776, will be the most memorable epoch in the history of America. I am apt to believe that



it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more."

The signers of this declaration knew it might also be — literally — their death sentence. They knew that the wrath and might of the England would come to quell the uprising, and that their fragile coalition would be challenged. Yet, they put their signatures on that parchment, and thus everything on the line. Against formidable odds, that Declaration told the world that "these United Colonies are, and of right ought to be, free and independent states." The colonists wanted to be free, to make their own decisions, to govern themselves, and breathe the sweet air of liberty.

When the Revolutionary war was over, England had no choice but

to declare that the thirteen states were now free. The first article of the Treaty of Paris stated, "His Britannic Majesty acknowledges the said United States, viz., New Hampshire, Massachusetts Bay, Rhode Island and Providence Plantations, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, North Carolina, South Carolina and Georgia, to be free sovereign and Independent States; that he treats them as such, and for himself his Heirs & Successors, relinquishes all claims to the Government, Propriety, and Territorial Rights of the same and every Part thereof."

In 1776, in Philadelphia, the first celebration of American independence took place four days after the signing, and began with a public reading of the Declaration of Independence. Then, from the tower of the State House, now Independence Hall, the Liberty Bell rang out, the coat of arms of the king of England was removed, there was a parade, and cannons boomed. The people, though aware of what lay ahead, cheered! A new nation sprang to life.

Soon, across the growing nation, at sunrise on July 4, salutes were fired and bells were rung. Flags were flown from buildings, homes, and along the streets. Shop windows were decorated with red, white, and blue. The tradition of patriotic celebration became even more widespread after the War of 1812. In 1870, the U.S. Congress made July 4th a federal holiday, and in 1941, became a paid holiday.

Even today, while we are again locked in conflict it is about freedom. It is about the dream of a nation with

unalienable rights, endowed equally to all, among these, life, liberty and the pursuit of happiness. This is an ideal of a government by, and for the people . . . people who are determined to live free and bought on the foundation of personal sacrifice.

I believe that the added importance of that document to our Nation and to each of us personally, is that in 1788, it led to the ratification of the new Constitution. In those twelve years between those two momentous events, in 1776 and 1788, those freedoms, our freedoms, came at great personal sacrifice and a high cost. But, they were worth that cost. The freedoms declared by the Declaration, and ushered into fact by the Constitution, were secured. That is why, all of us, active duty and civil servant, pledge in our oath to support and defend it. With each re-enlistment or promotion, those of us who wear the cloth of our Nation, have the honor and privilege of reaffirming that pledge and the ideals that the Declaration of Independence, and the Constitution to which it led, proclaims. This is why all of you do what you do every day.

The importance of the 4th day of July, then, is that it marks the birth of the United States of America. Because of what our nation means to each of us and those around the world in search of freedom, one should have the greatest sense of pride and emotion in your heart, as do I.

**All ahead flank,  
Capt. David A. Bitonti  
Naval Support Activity Bethesda  
Commanding Officer**

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# Hinshaw Retires as USU Nursing Dean

By Julie Smith  
NSAB Public Affairs  
staff writer

Uniformed Services University of the Health Sciences (USU) leaders and educators gathered June 27 for a day of scholarship to honor the retiring dean of the Daniel K. Inouye Graduate School of Nursing, Dr. Ada Sue Hinshaw.

The day began with opening remarks from USU president Dr. Charles L. Rice and comments from Maj. Gen. Jimmie Keenan, Southern Regional Medical Command commanding general, U.S. Army Nurse Corps. Several educational professionals from USU and other universities, as well as government agencies, offered presentations throughout the day on health care-related topics.

“What better way could there possibly be to celebrate Dean Hinshaw’s tenure (at USU) than to have a day filled with scholarship?” Rice said. “After all, scholarship and nursing is what her career has been all about. She has been a pioneer in that area and has inspired many who have followed her.”

Keenan was a member of the screening committee who selected Hinshaw as the dean of the Graduate School of Nursing six years ago. At the time, Hinshaw made a three year commitment to USU, but stayed on to help transition the USU Master of Science in Nursing (MSN) degree to a Doctor of Nursing Practice (DNP) degree. The national movement to help



Photos by Julie Smith

**Dr. Ada Sue Hinshaw (far right) receives a framed photograph of her staff during her retirement dinner at the Uniformed Services University of the Health Sciences June 27.**

strengthen nursing competencies and increase the knowledge and skills of nursing health care professionals is endorsed by the American Association of Colleges of Nursing as the future of nursing practice.

Hinshaw also combined the Navy nurse anesthesia program with the Graduate School of Nursing anesthesia program in 2011. That year, the integrated program ranked fifth in the nation among military and civilian nursing schools according to U.S. News and World Report.

During her comments, Keenan spoke directly to Hinshaw and praised her dedication to education, research and patients.

“Your work has advanced the profession of nursing. You’ve improved the quality of the academic programs (at USU) and the quality of our instructors,” Keenan said. “You listened to us in the Department of Defense and discovered what our challenges were and you saw

See **NURSING** page 8



**Hinshaw was awarded the Order of Military Medical to Merit for her contributions to the U.S. Army Medical Department.**



U.S. Consumer Product Safety Commission photo

**Safety officials caution the use of fireworks, even sparklers, which can ignite within seconds causing severe injury.**

## Fourth of July Fireworks Safety

By Mass Communication  
Specialist 2nd Class  
Chris Krucke  
WRNMMC Public Affairs  
staff writer

With the Fourth of July just around the corner, Walter Reed Bethesda safety officials are providing legal and safety tips to help you have a safe and enjoyable celebration.

If you are planning a party or barbecue this year, there are a few things you need to keep in mind before you go out and spend your money on fireworks. “Most counties don’t even allow fireworks without a permit,” stated Raymond Blake, safety specialist for the Public Health

and Safety Department at Walter Reed Bethesda. “Maryland is really strict. The bottle rockets, M-80, certain types of sparklers and any other type of propelled fireworks are outlawed here in Maryland.”

Any fireworks found on base can and will be treated as explosives and individuals can be apprehended with charges and fines falling under the United States District Court and if the individual falls under the Uniform Code of Military Justice, further Non-Judicial Punishment proceedings could follow as well, according to Master-at-Arms 1st Class Mark L. Collins of base security. At the very least, the fireworks will be confiscated and an 1805 United

States District Court citation will be issued with appropriate fines, he added.

Blake also offers the following information for those considering purchasing fireworks.

“People have lost eyes and fingers,” he said. According to National Fire Protection Association, 61 percent of fireworks injuries in 2011 were to extremities — hand or finger. “You should never aim them at your face, and hold them away from your body. If you do have kids playing with them always have an adult around,” stated Blake.

He added, 26 percent of the

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# WWE Superstars Visit USO Warrior and Family Center

**By Mass Communication Specialist 2nd Class Brandon Williams-Church  
NSAB Public Affairs staff writer**

World Wrestling Entertainment (WWE) Superstars Dolph Ziggler, R Truth and former WWE Divas Champion Paige shared stories and laughs as they visited wounded warriors and staff at the USO Warrior and Family Center June 23.

Giving back to the military meant more than simply taking pictures and signing autographs for the wrestlers; it meant time where they could brighten up a young fan's day or listen to anecdotes from the people who serve the country.

"It's great for us because we are always on the go and [the service members] are actually doing the real work that is keeping us safe at home. It's a tiny thank you back to these guys," said Ziggler.

Truth and Paige echoed those thoughts.

"[The troops] stay really humble as well and it's nice to

visit because they put a smile on our faces so it's really great to be here," said Paige. "Everyone is so sweet and welcoming, it's like a family."

"We are giving back," said Truth. "The troops do so much for us, so the least we can do is to visit them and lift spirits. We get to stay humble and we get pure enjoyment out of [it]. We are here to encourage [the troops] and they encourage us."

Many hugs were given, jokes were told and selfies taken with the Superstars. For them, being around people in uniform was nothing new. Each had family members serve in the military including Truth's uncle and father, Paige's grandfather and Ziggler's father.

"My dad was in the army for 25 years, so I had the military crew cut for most of that time," said Ziggler. "The military is special to me because now it's not just about giving back. You're helping make somebody's day better. They are actually protecting us and we are just entertaining people



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

**WWE Superstars Dolph Ziggler (far left), R Truth (middle) and Paige (far right) take a picture with a Sailor and his family June 23 at the USO Warrior and Family Center.**

so it puts things into perspective."

The stars gave their thanks and even stopped by a Marines function to show support before leaving the campus.

"It was a great experience for us just to say thank you in person to a few guys and gals who are on the frontlines or have been through some damage," said Ziggler. "Somehow,

they still have a smile on their face and that right there puts a smile on our face. We are happy to do it and any chance that we can be back we will."

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# Murtha Cancer Center Highlights Research, Services

## DOD's Only Center of Excellence for Cancer Care Hosts Seminar, Awareness Day

**By Bernard S. Little**  
WRNMMC Public Affairs  
staff writer

Focusing on the efforts underway to improve the diagnoses and multidisciplinary treatments of cancers, the John P. Murtha Cancer Center (JPMCC) at Walter Reed Bethesda hosted the 2nd Annual Cancer Research Seminar and Cancer Awareness Day June 23 to 24.

The Murtha Cancer Center is the only Department of Defense (DOD) Center of Excellence for Cancer Care in the Military Health System (MHS). Its annual research seminar, held in conjunction with National Cancer Awareness Month, bringing together investigators and clinicians from Walter Reed National Military Medical Center (WRNMMC) and its federal partners, including the Uniformed Services University of the Health Sciences (USU) and National Cancer Institute, "to share information and gain an understanding of the outstand-



Photo by Bernard S. Little

**Retired Army Col. (Dr.) Jane L. Hudak (right), patient educator for the John P. Murtha Cancer Center's Center for Prostate Disease Research, places a prostate cancer awareness pin on the jacket lapel of Dr. James Bates during the cancer center's Cancer Awareness Day event on June 24 at Walter Reed Bethesda.**

ing opportunities to enhance the care of patients and advance collaborations in cancer clinical trials and research," according to Army Col. (Dr.) Craig D. Shriver, JPMCC director.

"The John P. Murtha Cancer Center does a lot of things that are critical, important, patient-centric and totally value-added," Shriver continued. "What we find is to do many things at

once to strengthen our program, makes things better for our patients while accomplishing research along the way."

Clinical Breast Care Project director and principal investigator, as well as professor of surgery at USU, Shriver said the presentations at the June 23 cancer research seminar, "are just a sample" of the ongoing cancer research at WRNMMC and within the region.

Presentations included research involving prostate cancer, breast cancer, radiation treatment, lung cancer screening in veterans, skin cancer, gynecologic cancer, pediatric cancer, survivorship and smokeless tobacco.

Army Maj. (Dr.) Steve Lee, a surgical oncologist in the Murtha Cancer Center, discussed his research underway concerning smokeless tobacco use in the military. He explained smokeless tobacco use can result in cancer of the mouth, tongue, cheek, gum, throat, esophagus, stomach and pancreas. In addition, smokeless tobacco is no healthier than smoking, caus-

ing stained teeth, bad breath, sweating, nausea, erectile dysfunction, diarrhea, mouth sores, receding gums, tooth decay and more.

The rate of smokeless tobacco use in the military is 12.8 percent, nearly 10 percent higher than the civilian population, according to the MHS and Defense Health Agency.

Lee added smokeless tobacco use between the services differs, with use of smokeless tobacco among the Marines at more than 20 percent, followed by the Army (about 14 percent), Navy (nearly 11 percent) and the Air Force (approximately 9 percent). "We also know combat deployment is related to increase use of smokeless tobacco; however, the cause and causation factors have not been established," Lee said. He added a number of things have not been determined in relation to smokeless tobacco use within the military, such as why the armed forces has a five times higher prevalence of smokeless

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# This Week in History

## Celebrating the Birth of Our Nation: John Paul Jones and Hard-Won Freedom



Courtesy photo

**By Mass Communication  
Specialist 2nd Class  
Ashante Hammons  
NSAB Public Affairs**

On the 238th birthday of our nation, we pause to celebrate the freedoms we enjoy, and to remember the sacrifices of those who have guaranteed us those freedoms. They were not won easily; the United States has been forged in the crucible of history.

It's only fitting, then, that Naval Support Activity Bethesda recognize the contributions of the 'Father of the Navy,' John Paul Jones, in helping to forge a fledgling fleet and nation into a recognized and respected sea and world power.

In 1775, the Continental Navy was a small force compared to its nemesis, Great Britain's British Royal Navy. Nonetheless, the Continental Navy

proved to be a force to be reckoned with - and Jones was key in establishing this reputation.

That year, the Second Continental Congress met in Philadelphia and adopted the Declaration of Independence, declaring freedom from Great Britain. Jones, no stranger to life at sea (he had first gone to sea at the age of 12 with the British Merchant Marine), joined the Continental Navy and was commissioned as a lieutenant in December 1775. He served on the first American flagship, *Alfred*, and was quickly promoted to Captain. Given command of the sloop *Providence*, he destroyed British fisheries in Nova Scotia and captured sixteen prize British ships. He was then given command of *Ranger* from 1777 to 1778. There, he operated in British home waters and conducted bold raids on English shores.

He was then placed in command of five French and American vessels, and led from his flagship *Bonhomme Richard*, capturing seven merchant ships off the Scottish coast.

On Sept. 23, 1779, Jones and his crew fought one of the bloodiest battles in naval history, taking on the 44-gun Royal Navy frigate *Serapis*. After three hours of intense fighting, *Bonhomme Richard* was burning and about to sink. The British demanded his surrender. Jones proclaimed, "I have not yet begun to fight," and he and his crew continued to fight, forcing *Serapis* to surrender.

Jones showed the world the strength of America's sea power, and that in the name of freedom, we are always ready. The U.S. Navy, and Sailors past and present, still embody this spirit in serving our nation and defending its freedoms.

## SERVE

Continued from pg. 1

served in the Navy for 30 years, cut the cake with and presented the first piece to Hospitalman Natasha Lampson symbolizing the passing on of the Navy traditions and heritage from one generation to the next.

Lampson, born in August 1995, joined the Navy in September 2013, making her the youngest corpsman attending the birthday ball.

"At first it was a shock when they confirmed I am the youngest, and then sitting with the MCPON, it's amazing," Lampson said. "I'm just excited to be here. It's my first ball. It's nice to be involved."

Lampson comes from a long line of nurses, which she admitted was a driving force for her decision to join the Navy Hospital Corps. "What drives me as a corpsman is working with the wounded warriors, seeing what they have been through and knowing I have the power to help them. That carries me and drives me to be a better corpsman."

Even though Navy hospital corpsmen are celebrating their 116th birthday, their service to the nation goes back even further than when the Navy Hospital Corps was officially established on June 17, 1898.

Early in their history, corpsmen were commonly referred to as a lolly boy, a term borrowed from the British Royal Navy which referred to the daily ration of porridge fed to the sick. In the Continental Navy and the early U.S. Navy, medical



Photo by MC2 Chris Krucke

**Master Chief Petty Officer of the Navy Mike Stevens (left), Hospitalman Natasha Lampson and Command Master Chief Clinton Garrett of the Navy Medicine Professional Development Center cut the cake celebrating the 116th Hospital Corpsman Birthday during a ball held by Walter Reed Bethesda Sailors June 20.**

assistants were assigned at random out of the ship's company, and their primary duties were to keep the irons hot and buckets of sand ready for the operating area. According to Navy historians, irons were used by surgeons to close lacerations and wounds, and sand would help prevent surgeons from slipping on the ship's deck during procedures.

Now, the hospital corpsman is the largest and most diverse rating in the Navy, having 38 Navy enlisted classification codes, according to the Department of the Navy. Ap-

proximately 25,000 service members make up the rate of hospital corpsman, and they serve almost everywhere throughout the world on forward operating bases, naval hospitals and clinics and aboard ships, officials from Navy Bureau of Medicine and Surgery added.

"We are the most decorated [rating in the Navy]," stated HM1 Jason Young, also an organizer for the ball. The Sailor explained why he joined the Hospital Corps. "I personally wanted to be on the frontlines to be able to help people," Young said. "I am proud I joined the Corps," he continued.

"There have been 20 ships named after hospital corpsmen, and 22 corpsmen have been awarded the Medal of Honor," Young added. Also, hospital corpsmen have earned 174 Navy Crosses, 31 Army Distinguished Service Crosses, 948 Silver Stars and 1,582 Bronze Stars.

"Bottom line, Navy corpsmen do it all, but more importantly, Navy corpsmen do it well," was how Stevens summed up the Hospital Corps.

Not originally scheduled to be the event's guest speaker, Stevens asked to be part of the event so he could share his own story of his battle with cancer. "I owe my life to my faith in the Lord, the love of my wife, and the selfless professionals at Walter Reed National Military Medical Center and military medicine. Last week marked one year [being] cancer free," he added.

"There is no greater call than to serve in the uniform that we all wear," The MCPON continued. "So I ask you this: How much greater the call than to serve those who serve?"

## SAFETY

Continued from pg. 3

victims of fireworks injuries in 2011 were under the age of 15 and a large percent of injuries were to parts of the head, including the eye, legs, arms, shoulders and wrists.

If you simply must have fireworks, Blake said, "When you get done, soak them in water before you throw them away. People unknowingly throw live explosives in their trash. Undetonated fireworks can still have an explosive charge in them and can later explode with a temperature reaching up to 1800 degrees Fahrenheit, easily causing fires."

In addition to personal injuries, fireworks also cause property damage and are one of the biggest concerns for the fire departments. Every year thousands of roofs and fields catch fire from small hand held fireworks.

"In 2011, an estimated 17,800 reported fires were started by fireworks," Fire Inspector Casey Snooke of the Naval District Washington Fire and Emergency Services said. "Carelessness is one of the biggest issues with causing fires from fireworks." These fires resulted in an estimated 40 civilian injuries and \$32 million in direct property damage.

"If you are going to use fireworks this year, please remember to first read the directions. Don't stray from the manufacturer's recommendations. Ultimately they are the ones who have tested the fireworks. We are more than welcome here in the fire prevention branch to assist in any questions with fireworks or safety issues you might have."

Remember, this Fourth of July, if you are going to set off fireworks, please just use common sense. If it looks wrong it most likely is. When it comes to explosives there is no second chance, added Walter Reed Bethesda safety officials.

If you choose to purchase the legal fireworks, before you set them off, please check out the Department of Maryland State Police website at: <https://www.mdsp.org/Home.aspx>. To reach the Fire Prevention Branch call 301-295-5623.



# Social Work Puts Focus on Patient Family-Centered Care

**By the Social Work  
Department Walter  
Reed National Military  
Medical Center**

A large part of the social workers' mission at Walter Reed National Military Medical Center (WRNMMC) is to connect those who serve and their family members to the care and support they need.

According to Stacey Springer, a licensed clinical social worker at Walter Reed Bethesda, social workers offer crisis intervention for those who have undergone a traumatic experience, and counsel individuals deploying, their families, as well as those transitioning from deployment to everyday life.

Social workers are found in various clinics throughout WRNMMC and are an integral part of the patient's health care team, explained Dr. Marie Salimbeni, also a licensed clinical social worker and service chief of the Education, Training and Research Service of the Social Work Department at Walter Reed Bethesda.

"[Social workers] can be found in the Emergency Room, Infectious Disease Clinic, Inpatient Wounded Warrior Service,



Photo by Bernard S. Little

**Walter Reed Bethesda Social Worker Stacey Springer provides supportive counsel to Andrew J. Christianson about keeping up with his school work and other activities while he's a patient, at Walter Reed National Military Medical Center.**

Cleft Palate Clinic, OB/GYN, [Mother Infant Care Center], Infertility Clinic, Inpatient Pediatrics, Inpatient Hematology/Oncology, Plastic Surgery, Vascular Surgery, Neurology, Admission Planning Unit, Post Anesthesia Care Unit, Pain Clinic, General Surgery, Urology, Nephrology, Transplant, Dialysis Clinic and Outpatient Counseling," Salimbeni said. They can also be found work-

ing in other areas on base and in the medical center, including at Fleet and Family, and Forensics, she continued.

"Social work practice emphasizes that the family is the focus of care," Springer added. "As clinicians, we utilize empowerment in our practice to have the family define who is included as family," she stated. "Our goal is that social work practice promotes patient fam-

ily-centered care throughout medical encounters our patients and families experience. Social workers identify early on those clients who are at risk for emotional dysfunction and/or other suffering through assessments and treatment of psychosocial challenges."

Springer works with deployed service members who have been diagnosed with cancer, as well as provides supportive counseling to patients and the families. She explained a traditional medical model still prevails in providing care to "medically fragile patients," but social workers seek to emphasize the role of family members when a patient family-centered philosophy of care is delivered.

"We encourage our patients and their families to process the information provided to them by providers and develop their own framework on how their needs will be carried out in a way that works for them, not the provider or the institution," Springer stated. "The caregiving responsibilities of the medically fragile patient and their family can be overwhelming and depleting. The social worker is equipped to

be a source of assistance with identifying and accessing community support services that will provide a partnership between the patient, provider and the community, resulting in the patient and family being the lead in this experience. Once this level of comprehension is reached, we can now say we have delivered effective quality care."

Springer added effective social workers also recognize the role diversity and culture play when information is being delivered and/or processed between the patient, family and health care teams. "With this knowledge we individualize our assessment, which is the framework of social work practice," she said.

"If we look at the Prosperity Plan of Walter Reed Bethesda Director Brig. Gen. Jeffrey B. Clark and its four initiatives (spiritual, personal, professional, and relationships), social work fits like a glove," Salimbeni added. "What and how we do things has a direct correlation on how all persons served at Walter Reed, matter," she concluded.

For more information about Social Work, call 301-295-1719.

## DOD Cord Blood Bank Improves Access to Care, Savings

**By Sharon Renee Taylor  
WRNMMC Public Affairs  
staff writer**

*Editor's note: July is National Cord Blood Awareness Month.*

Walter Reed National Military Medical Center (WRNMMC) became the first site to collect and bank patient specimens for a new Department of Defense (DOD) cord blood bank, in April.

The joint venture between Georgetown University (GU) and DOD will enable military and civilian mothers in Washington, D.C., and the greater metropolitan area to help save lives of patients worldwide with life-threatening diseases like blood cancers, sickle cell anemia, and other blood disorders.

The blood contained in the umbilical cord after the birth of a baby is usually thrown away, explained Army Col. (Dr.) Joseph Gobern, department chief of Obstetrics and Gynecology at WRNMMC.

"It can be collected, stored and used to replace blood cells in people who have blood dis-

eases where those had to be eliminated through chemotherapy, or if they have abnormal bone marrow," Gobern said.

Cord blood can be substituted for bone marrow transplant, a time-consuming and painful process, explained Gobern, who became interested in cord blood banking when his son, now a healthy 19-year-old college student, was treated for lymphoma seven years ago. The physician discovered although DOD had a bone marrow registry, it didn't have a cord blood bank.

If the 12-year-old's bone marrow had not withstood the 52-weeks of chemotherapy, transplant would've been an option. Gobern said if a bone marrow transplant had been necessary, finding a match would have been an ordeal.

"Even if one of our family members did match, the process for collecting bone marrow is both time consuming, and painful," the father said. "To know that this alternative is available and can save lives is just tremendous."

The department chief of Obstetrics and Gynecology estimat-

ed about 1,400 babies are delivered at WRNMMC each year.

Donating cord blood to the public DOD cord blood bank is painless for both baby and mother, safe, easy to do, and saves lives, explained Dr. Jennifer Ng, director of the GU DOD Cord Blood Bank housed at the C.W. Bill Young/DOD Marrow Donor Center in Rockville, Md. It's also free — unlike private blood banks that charge for obtaining and storing cord blood reserved for years for an individual that may never use it. With private banking, individuals pay a fee for collection and one for storage which could amount to essentially paying "rent" for years.

"The GU DOD Cord Blood Bank is a public cord blood bank. The cord blood that is donated is not maintained for the specific use by the donor or their family," like private cord blood banks, Ng said.

As a public blood cord bank, the DOD facility conforms to the guidelines set by the Food and Drug Administration, as well as the National Marrow Donor Program, the Foundation

for the Accreditation of Cellular Therapy, the Maryland Department of Health and Mental Hygiene Office of Quality Management, and other agencies, she explained. Another quality control measure is the special training received by delivery staff who obtain the cord blood specimen at WRNMMC, according to Navy Cmdr. Alison Castro, department chief, Maternal Child Nursing.

The collection is done in the time between the delivery of a baby and the expulsion of the placenta, she explained. With additional samples obtained for the bank to screen, the blood is drawn from the umbilical cord, carefully packaged up, labelled, placed in a special designated cooler and awaits blood bank pick up. Castro added written consent and paperwork for the patient is completed prior to delivery. Preterm labor and infection disqualify donations.

Cord blood units collected and cryopreserved are stored in the DOD cord blood bank at -180 degrees Celsius. Units that have been frozen for 20 years have been thawed without sig-

nificant loss of their viability, depending on the collection of those units, the freezing process, and how the units are frozen, Ng said.

The seemingly small units of umbilical cord blood pack a powerful punch. Rich in blood-making stem cells, a specimen from a single cord is enough to treat a child under the age of 18 (based on body weight), according to Air Force Col. (Dr.) Thomas C. Newton, chief of Pediatric Hematology/Oncology at Walter Reed Bethesda.

Because cord blood cells are more naïve or "immature," a physician may choose a less closely-matched cord blood unit between donor and recipient than with bone marrow, Ng said. She explained physicians may also choose to treat with cord blood because once a match between recipient and donor is identified, the unit can be quickly obtained because the unit is cryopreserved.

"In the unrelated adult bone marrow or peripheral blood stem cells, the donor has to be

See **CORD BLOOD** page 10



# NURSING

Continued from pg. 3

the challenges as opportunities for nursing research. Nursing is about keeping the patient at the center of everything we do, and you ensured the students understood that."

At an awards dinner, Keenan presented Hinshaw with the Order of Military Medical Merit, an award conferred upon those who have made significant contributions to the U.S. Army Medical Department. Hinshaw also received letters from U.S. Rep. Chris Van Hollen and Institute of Medicine President Harvey Fineberg. She was presented with a framed photo of her staff, a flag flown on the USU flagpole, two pieces of jewelry and several other gifts.

"It's very overwhelming. It's just a beautiful day," Hinshaw said. "It's hard to leave. It's a very special place to work, particularly when you're putting education and the military together."

Just the day before, Hinshaw had joined the Federal Nursing Service Council (FNSC) on Capitol Hill to meet with the United States House and Senate Committees on Armed Services and Veterans Affairs to discuss critical issues facing the federal nursing service and the future of the profession. The FNSC is a group of nursing leaders from the military, the Public Health Service, the American Red Cross and the Department of Veterans Affairs whose mission is to advance professional nursing and improve partnerships among federal agencies.

Hinshaw's plans for retirement include a trip to Germany and organizing a birthday celebration for her mother, who turns 102 in August. Hinshaw said she will return to Ann Arbor, Mich., where she will be involved in periodic special projects as a dean and professor emeritus at the University of Michigan.

Hinshaw received a Bachelor of Science from the University of Kansas, a Master of Science in nursing from Yale University and a Ph.D. and Master of Arts in sociology from the University of Arizona. She was the first permanent director at the National Institute of Nursing Research at the National Institutes of Health and was designated a living legend by the American Academy of Nursing in 2011. She is also the recipient of 13 honorary doctoral degrees.

"I was brought to USU to make stronger leaders and stronger nursing practices, and I want to be remembered for a legacy of a strong and productive environment for graduate nursing education," Hinshaw said.

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# CANCER

Continued from pg. 5

tobacco use than in the general population. He explained one of the long-term goals of his study is to possibly determine this, in addition to if people come into the U.S. military already users of smokeless tobacco, or if they pick up the habit once they are in uniform. Other goals of the study are determining an optimal cessation strategy, and finding the effects of smokeless tobacco use on military readiness.

Shriver added some numbers show use of smokeless tobacco in the deployed environment among active duty members to be 70 to 80 percent. He said a new smokeless tobacco study will use dental swabs to look at DNA and further examine the relationship between smokeless tobacco and cancer.

## Think Cancer Prevention, Safety

The Murtha Cancer Center's day-long research seminar was followed by its Cancer Awareness Day June 24. Clinical departments and services of the center and WRNMMC set up information tables in the America Building lobby to provide beneficiaries, staff and visitors material concerning cancers, prevention and cutting-edge diagnostic and treatment technologies offered by the JPMCC.

Lt. Cmdr. (Dr.) Kent Handfield, of Dermatology, provided those who visited his table information about skin cancer prevention and awareness. He explained skin cancer is the most common type of cancer in the world. It affects more than two million Americans annually. In addition, skin cancer affects people of all colors and races, although those with lighter skin are more prone to it.

Handfield added there are five things people can look for in checking themselves for skin cancer. "We make them an easy way to remember because we encourage people to remember their ABCDEs. 'A' stands for a spot or mole that is asymmetric [one half does not match the other half]. 'B' stands for

borders [of the mole] that are irregular. 'C' stands for color variation [mole is not the same color all over]. 'D' stands for [the mole's] diameter greater than a pencil eraser [1/4 inch]. 'E' stands for [the mole] evolving or changing over time, which is probably the most important thing."

The dermatologist encouraged people to avoid being outside during the sun's peak hours between 10 a.m. and 2 p.m. "If you have to be outside, seek shade," he added. "Third, wear protective clothing such as hats, long-sleeved shirts and long pants." In addition, wear sunscreen with an SPF of at least 30 or higher (both UVA and UVB protection). He also encouraged people to apply the sunscreen 15 minutes before going outdoors, and reapply every two hours.

Elyssa Harley, a radiation therapist, was also on hand during Cancer Awareness Day to inform people of the services Radiation Oncology offer at Walter Reed Bethesda. "We provide radiation treatment to the specified area if our patients have lung cancer, prostate cancer, brain and other cancers. I enjoy my job and to be able to help people," she added.

As she passed out information at the event, Stacey Vitiello, who works in Murtha Cancer Center's Gynecologic Oncology Service, explained, "We are involved in women gynecological cancers, such as reproductive cancers. I think it's important because we're one of the only cancer centers in the region that treats this type of cancer. It's important for people to become educated about it," she said while providing passers-by with material for knowing the symptoms for ovarian cancer.

Also on hand during Cancer Awareness Day and volunteering at the Center for Prostate Disease Research (CPDR) table, was Harold Hanson, a retired Army lieutenant colonel and prostate cancer survivor. While asking men if they have been screened for prostate cancer, Hanson shared his personal story with those who stopped by the CPDR table.

"I was diagnosed at [the former] Walter Reed

[Army Medical Center] with prostate cancer in 2009, had surgery and the prostate was removed," Hanson explained. "They found some of my lymph nodes were positive, and I went through radiation and hormone therapy for two years. That all finished in 2012. I'm fine now and like to help [the CPDR] out."

Hanson said he was volunteering during Cancer Awareness Day to encourage men to have prostate examinations. "We want them to be aware of the advantages of early diagnosis," he continued.

"The care here [at Walter Reed Bethesda] is fantastic," Hanson added. "It wasn't just the medical part; there was the counseling, [and] support groups with patients who went through what I was going through. They coach you, counsel you and mentor you in how to take advantage of what's offered and how to take care of yourself, and that's a great asset."

Retired Army Col. (Dr.) Jane L. Hudak, patient educator for the CPDR, added about Cancer Awareness Day as a whole, "We're here to make people

aware of the services we have. So many people are affected by cancers," she said. "It might not be you, but it might be a family member, friend or neighbor, so we need to let people know of the services we have. Knowledge is power, and the more people know, the greater the possibility is that we can help ease their anxiety in knowing about the cancers they may fear."

William Mahr, administrative officer for the Murtha Cancer Center, summed up the goal its Cancer Research Summit and Cancer Awareness

Day. "By doing this, we let people know about what's available to them. A lot of the beneficiaries within our network may not be aware of all of the services we provide. For example, we provide service in high-complex, low-volume type cases, which may not be available at other places, so it's good to put out the information of what we offer here."

For more information about the John P. Murtha Cancer Center, call 301-295-0120 or email [WRNMMC.CancerCenter@health.mil](mailto:WRNMMC.CancerCenter@health.mil).

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## CORD BLOOD

Continued from pg. 7

located, tested and also available," Ng said. "This takes time."

Increasing the odds of finding a match is the biggest reason why establishing the DOD cord blood bank was so important, Newton said. Minorities and individuals of mixed race are among the hardest to find a bone marrow match for, the pediatric oncologist explained. Minority and mixed-race deliveries in the military that donate to the DOD cord blood bank could help reduce this deficit.

Any mother who delivers at Georgetown University Hospital or WRNMMC can choose to donate cord blood from their delivery to the cord blood bank. As a public bank, both civilian and military who need cord blood can use it, if a match is found.

"People choose to donate to our bank as an altruistic act, in an effort to help another person. They derive no benefit from the donation other than the knowledge that their gift may save the life of another individual," Ng said.

Air Force wife Dana Sones is one mother who is grateful for the cord blood her daughter Karina received in 2006.

"It took 10 million [donors on a national registry] before Karina found a match," said Sones.



Photo by Sharon Renee Taylor

**Often thrown away after birth, umbilical cord blood can help save lives.**

She paused for a moment and silently sobbed before she expressed how grateful her family was for the cord blood a stranger donated to a cord bank in New York where Karina's match was found. "It's given her eight years," said Sones. The thankful mother explained her faith-filled, tight-knit family of five looks forward to many more together.

Currently, mothers delivering at WRNMMC or Georgetown University Hospital with healthy births are potential candidates for cord blood donation to the DOD cord blood bank but Ng said discussions are underway with several other military hospitals around the country. Visit us on Facebook at <http://on.fb.me/14KgLCS> to meet Karina and learn more about cord blood collection. For more information about the DOD Cord Blood Bank, go to [www.salutetolife.org/cordblood.html](http://www.salutetolife.org/cordblood.html).

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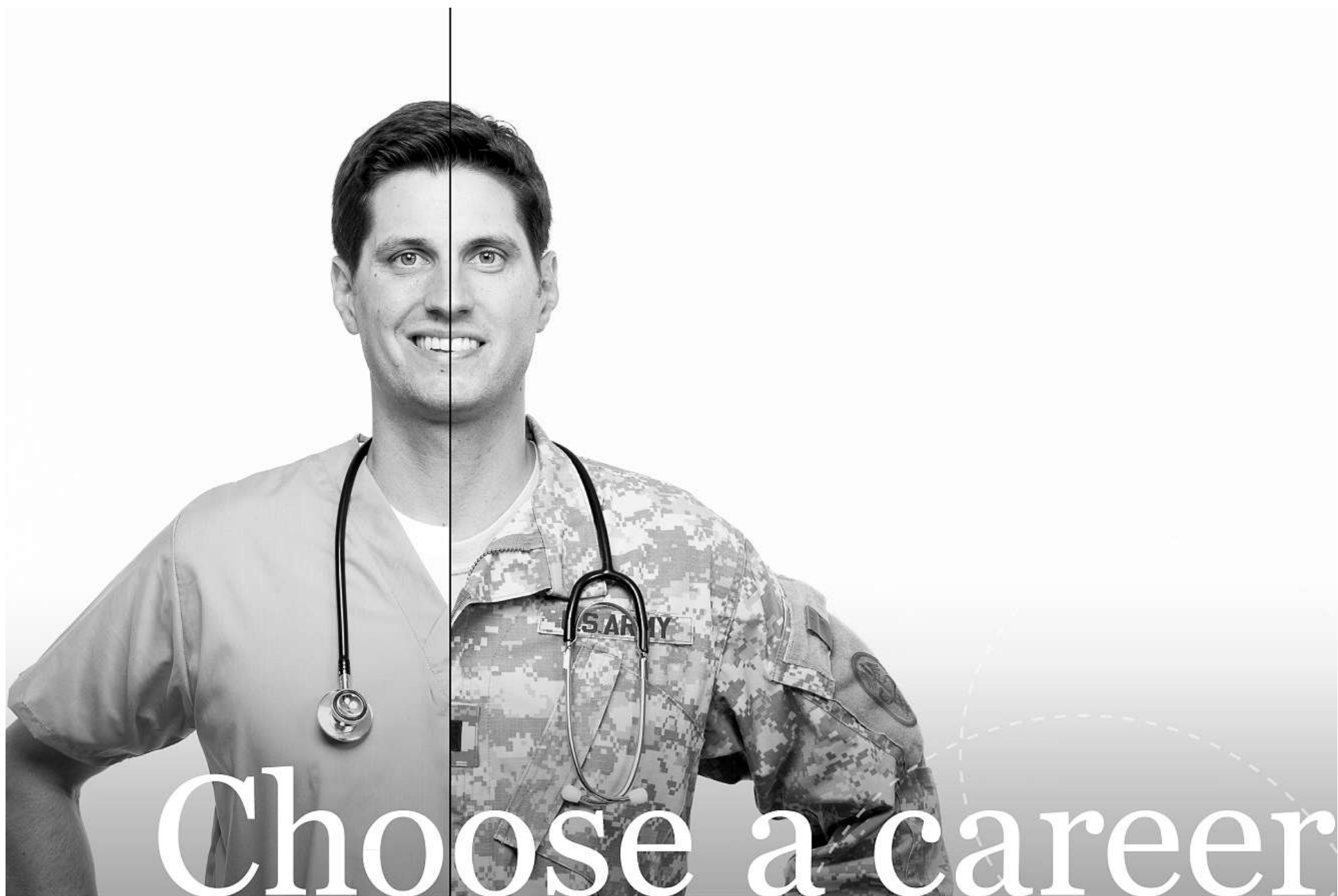


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